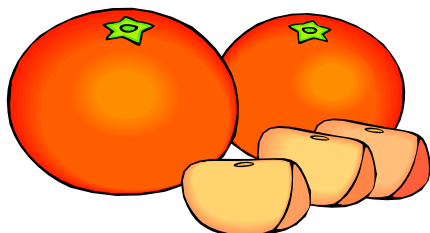


Tangerine Fun Facts

- Tangerines, also known as mandarins, are a type of citrus fruit. They are easier to peel compared to other citrus fruits and are sometimes called "easy peelers".
- Tangerines are bright orange in color and have a distinctive sweet flavor.
- China produces more tangerines than any other country.
- Most of the tangerines produced in the United States come from Florida and California.
- Tangerines grow on trees. Tangerine trees grow best in subtropical environments where the nights are cool. A mature tree is usually between 15 and 20 feet tall.
- Tangerines are packed full of vitamin C and fiber. One tangerine has half the vitamin C you need for the whole day!



Nutrition Facts

Serving Size = 1 large fruit

Calories	56
Fat	.5 g
Protein	1 g
Fiber	3 g
Calcium	84 mg
Vit. A	80 IU
Vit. C	89 mg

Fun Fruit Kabobs

Source: www.kidshealth.com

Ingredients:

Tangerines, peeled and sliced
Bananas, sliced
Apples, sliced
Green grapes

Red grapes
Pineapple chunks
Low-fat fruit flavored yogurt
1 sm. pkg coconut

Directions:

1. Slide fruit onto skewer.
2. Roll kabob in yogurt and then in coconut.
3. Enjoy!

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Nutrition Services

Thompson School District R2-J